



**FOR IMMEDIATE RELEASE**

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**Local Nonprofit Organization Awards Black and Brown Professionals and Supporters in Mental Health**

**San Diego, CA** —Local organization Open Heart Leaders, honors Black and Brown professionals and supporters in Mental Health on Thursday, May 26, 2022.

Heart To Heart Award Ceremony will be an annual event held each May during Mental Health Awareness Month by Open Heart Leaders, highlighting professionals and supporters of any kind in mental health.

April Laster is the Founder and CEO of Open Heart Leaders, the only African American female-led organization in San Diego providing full wraparound services focused on mental health and education. They are an organization who shifts with the climate, adapting to current needs, while maintaining our commitment to mental health wellness.

Laster states, “Life has always had a way of showing us where we fail or fall short, but how often are we given a way or space to heal and share life with lived experience professionals and supporters. These are those who look like us and have overcome what we struggle with the most. This is the purpose and passion behind OHL’s impact and success”.

Laster is an accomplished executive and entrepreneur making strides in the fields of mental health and education. She consistently uses her platform to address the lack of equity and diversity within larger mental health programs and educational organizations centered on funding and placement of services.



**Open Heart Leaders** is the only African American female-led organization in San Diego providing full wraparound services focused on mental health and education. We are an organization who shifts with the climate, adapting to current needs, while maintaining our commitment to mental health wellness. At Open Heart Leaders, we welcome everyone to participate and benefit from what we offer. Our unique whole-self approach and solutions-focused mindset are breaking down the barriers constructed from generational cycles, statistically proven to be destructive. As a leading community partner for resources, accountability, and healing, we collaborate with local businesses and agencies to funnel lost resources and networks back into the communities. We offer a diverse range of programs and services that help combat communities and people who have been heavily impacted through systemic trauma. We deliver an eclectic approach to healing and growth through a combination of therapeutic assistance for individuals and families, wraparound services, professional and life-skills workshops, and course facilitation. In conjunction with our tailored community forums and interactive discussions, we rebuild, restore, and empower people and neighborhoods. We are transforming the world, one open heart leader at a time.

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